



1998-99 CATS ASSESSMENT

Open-Response Item Scoring Worksheet

Grade 5—Practical Living

The **academic expectation** addressed by “Healthy throughout a Lifetime” is

2.35 (Lifetime Physical Activities) Students demonstrate knowledge and skills that promote physical activity and involvement in physical activity throughout their lives.

The **core content** assessed by this item is

- Physical benefits of participation in leisure/recreational and competitive physical activities

Healthy throughout a Lifetime

Bob has been told that regular physical activity is important to good health throughout a lifetime.

- Describe THREE ways physical activity helps the body be healthy throughout a lifetime.
- Give THREE physical activities Bob could do that would help keep him healthy throughout his lifetime.



SCORING GUIDE

Grade 5 Practical Living

Score	Description
4	Response clearly describes 3 ways physical activity helps the body be healthy throughout a lifetime and gives 3 physical activities Bob could do.
3	Response describes 3 ways physical activity helps the body be healthy throughout a lifetime and gives 3 physical activities Bob could do but is less clear. OR Response describes 3 ways physical activity helps the body be healthy throughout a lifetime and gives 2 physical activities Bob could do.
2	Response describes 3 ways physical activity helps the body be healthy throughout a lifetime and gives 1 or no physical activities Bob could do. OR Response describes 2 ways physical activity helps the body be healthy throughout a lifetime and gives 2 or 3 physical activities Bob could do.
1	Response describes 1 way physical activity helps the body be healthy throughout a lifetime and gives 0 to 3 physical activities Bob could do. OR Response describes 2 ways physical activity helps the body be healthy throughout a lifetime and gives 0 or 1 physical activities Bob could do. OR Response gives at least 1 physical activity (can be vague) Bob could do without describing how it helps the body be healthy.
0	Response is totally incorrect or irrelevant.
Blank	No response.



SCORING GUIDE

Grade 5 Practical Living

Examples of clear ways that physical activity helps the body be healthy (part a):

- Strengthens muscles (e.g., arms, legs, stomach)
- Lowers blood pressure
- Improves circulation
- Improves flexibility (i.e., reduces occurrence of muscle injury or strain)
- Improves the health of the heart, prevents heart disease
- Improves lung capacity
- Helps fight disease
- Improves stamina and endurance
- Strengthens bones
- Reduces fat
- Maintains weight
- Reduces stress

Examples of “ways” that lack some clarity:

- helps your heart
- makes you stronger
- gives you strength

Examples of “ways” that are too vague to receive credit (part a):

- gets you in good shape
- makes you active
- helps you be healthy
- makes you live longer

Examples of “ways” that are incorrect (part a):

- drink milk
- eat healthy
- diet and rest
- do not do drugs

Examples of physical activities that Bob could do (part b):

- running
- jogging
- biking
- swimming
- aerobics
- push-ups
- chin-ups
- sit-ups
- lifting weights
- jumping rope

Examples of physical activities that are too vague to receive credit (part b):

- exercise
- work out



ANNOTATED STUDENT RESPONSE

Grade 5 Practical Living

Sample 4-Point Response of Student Work

Student Response

Three ways that physical activity is good for a lifetime is your heart rate goes down and it beats better. Another way it helps you is your blood pressure goes down. The third way it helps you is that it lowers your cholesterol.

Three things that Bob can do to be healthy is jogging every morning down a subdivision. The second thing he could do is go to the gym and lift weights. The third thing he can do is ride his bike.

← Student clearly describes three ways that physical activity helps the body be healthy throughout a lifetime (i.e., makes heart rate go down, lowers blood pressure, and lowers cholesterol).

← Student gives three physical activities that Bob could do (i.e., jogging, lifting weights, and riding his bike).

Overall, the response demonstrates a solid understanding of the benefits of regular participation in physical activities by clearly describing three ways that physical activity helps the body be healthy and giving three physical activities that Bob could do.



ANNOTATED STUDENT RESPONSE

Grade 5 Practical Living

Sample 4-Point Response of Student Work

Student Response

a. Three ways that physical activities help the body be healthy throughout a lifetime are to help the heart, to get stronger muscles, and to lose body weight. Also physical activities can prevent arteries from getting clogged.

b. Three physical activities Bob could do that would help him keep healthy throughout his lifetime could be swimming, jogging, and weight lifting. Also he could workout.

← Student describes four ways that physical activity helps the body to be healthy throughout a lifetime (i.e., helps the heart, strengthens muscles, reduces body weight, and prevents arteries from clogging). The first way described lacks some clarity, but the other ways described are clear. This is acceptable since only three clear ways are required.

← Student gives three acceptable physical activities that Bob could do (i.e., swimming, jogging, and weight lifting).

Overall, the response demonstrates a solid understanding of the benefits of regular participation in physical activities by describing four ways that physical activity helps the body be healthy (three of which are clear) and giving three physical activities that Bob could do.



ANNOTATED STUDENT RESPONSE

Grade 5 Practical Living

Sample 3-Point Response of Student Work

Student Response

A. I know three reasons physical activities helps because it gives you strength and helps your heart and even makes your stronger in your bones.

B. I know three phsical activitis bob could do to keep him healthy pushups, jogging, lifting weighs and situp to keep a healthy life.

Student describes three ways that physical activity helps the body be healthy throughout a lifetime (i.e., gives you strength, helps your heart, and makes your bones stronger). The first two ways described lack some clarity.

Student gives four physical activities that Bob could do (i.e., pushups, jogging, lifting weights, and sit-ups). Only three activities are required.

Overall the response demonstrates satisfactory understanding of benefits of regular participation in physical activities by describing three ways that physical activity helps the body be healthy and giving four physical activities that Bob could do. The response lacks the clarity needed to achieve a score of 4.

Sample 2-Point Response of Student Work

Student Response

A. First it helps your heart. Next, by it helps you get stronger. Last, it helps you keep healthy.

B. Three atctives you could try is running, push ups, and sit ups.

So as you can see exrrize is important.

Student describes two acceptable ways that physical activity helps the body be healthy throughout a lifetime (i.e., helps your heart and helps you get stronger), though both ways lack some clarity. Student also attempts to describe a third way that physical activity helps the body (i.e., helps you keep healthy), but this is too vague to receive credit (i.e., does not go beyond what is provided in the prompt).

Student gives three physical activities that Bob could do (i.e., running, push-ups, and sit-ups).

Overall, the response demonstrates some understanding of the benefits of regular participation in physical activities.



ANNOTATED STUDENT RESPONSE

Grade 5 Practical Living

Sample 1-Point Response of Student Work

Student Response

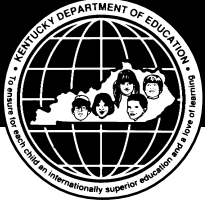
A. The three ways physical activity helps the body be healthy throughout a lifetime is he should be running jogging and walking.

B. The three physical activities Bob could do that would help keep him healthy throughout his lifetime is eat a good Breakfenst, Running and Jogging.

← Student attempts to describe three ways that physical activity helps the body be healthy throughout a lifetime, but instead lists three physical activities (i.e., running, jogging, and walking). No credit is given for this part of the response.

← Student attempts to give three physical activities that Bob could do (i.e., eat a good breakfast, run, and jog). Because running and jogging are so similar, student is given credit for only one physical activity. No credit is given for “eat a good breakfast” because it is not a physical activity.

Overall, the response demonstrates minimal understanding of the benefits of regular participation in physical activities.



INSTRUCTIONAL STRATEGIES

Grade 5 Practical Living

The open-response item “**Healthy throughout a Lifetime**” assesses students’ knowledge of the physical benefits of participation in leisure/recreational physical activities. The instructional strategies below present ideas for helping students explore and master this knowledge.

Invite one or more representatives from a local gym or sports team to visit your classroom to discuss the physical benefits of regular participation in physical activities.

Give a presentation or series of presentations about how regular participation in physical activities benefits different body systems (e.g., respiratory, circulatory, skeletal, muscular). Use visual aids to help students understand the points you make.

Lead a class discussion about the various health benefits of regular participation in physical activities. Ask students to name a physical activity and then brainstorm the physical benefits related to participation in that activity.

Have students work individually, in pairs, in small groups, and/or as a class to complete any or all of the following activities:

- Choose several physical activities and research the physical benefits of participating in the activities regularly. Present findings to the class.
- Prepare talks or skits about the benefits of participation in physical activities. Present the talks or skits to groups of younger students.
- Create a series of posters that describe and illustrate different ways that participation in physical activities can promote health and fitness throughout a lifetime.
- Interview members of the community (e.g., family members, coaches, fitness instructors) about the benefits of participation in physical activities. Present findings to the class.
- Develop personal plans for good physical health. For example, students could:
 - Set specific health goals related to participation in physical activities.
 - Keep journals that document their progress toward meeting their health and fitness goals.